



Resources for Family Caregivers of People with Dementia during the COVID-19 Outbreak

Alzheimer's Association - Tips for Dementia Care

- [Tips for dementia caregivers at home](#)
- [Residential facility has an incidence of COVID-19](#)
- [Tips for individuals receiving home-based services](#)
- [Staying healthy](#)
- [Tips for caregivers of individuals in a residential care setting](#)

More info available at: [Covid-19 Tips for Dementia Care](#)

[COVID-19 Vaccine: Answers for Dementia Caregivers and People Living with Alzheimer's](#)

Upcoming webinars –

Community education programs are now online! Learn from the comfort and safety of your own home. Each free webinar is held live with time for Q&A. Full program descriptions and registration is [available on their website](#). Or call 800.272.3900.

- **Understanding Alzheimer's and Dementia** – May 3, 1 – 2:30 pm, May 19, 2 – 3:30 pm
- **Healthy Living for Your Brain and Body** – May 4, 1 – 2:30 pm
- **When Living at Home is No Longer an Option** – May 5, 3 – 4:30 pm
- **Living with Alzheimer's: For People with Alzheimer's** – Part 1: May 6, 1 – 3 pm; Part 2: May 20, 1 – 3 pm
- **Understanding & Responding to Dementia-Related Behavior** – May 6, 9 – 10:30 am; May 24, 3 – 4:30 pm
- **10 Warning Signs of Alzheimer's** – May 10, 3 – 4:30 pm; May 13, 1 – 2:30 pm
- **Legal and Financial Planning for Alzheimer's Disease** – May 11, 9:30 am – 12:00 pm; May 18, 4 – 5:30 pm; Part 1: May 19, 1 – 1:45 pm; Part 2: May 26, 1 – 1:45 pm
- **Dementia Conversations: Driving Doctor Visits, Legal & Financial Planning** - May 14, 11 am – 12:30 pm
- **Effective Communication Strategies** – May 17, 3 – 4:30 pm; May 26, 10 – 11:30 am
- **Living with Alzheimer's: For Younger Onset Alzheimer's** – May 27, 1 – 2:30 pm

The following are other supportive services offered virtually....

- **“Wellness Wednesday” webinar series**
 - The Alzheimer's Association is partnering with UW Memory & Brain Wellness to offer Wellness Wednesdays, a free webinar series for people living with memory loss and their families. More info by visiting alzwa.org/wellness.
- **Local Virtual Support Groups**
 - Many support groups are now meeting over the phone or online. Interested people can contact facilitators directly to learn how specific groups will be held. Click for [more information on support groups](#).
 - An LGBTQ caregiver support group is now being held online the third Thursday of each month from 6:30-8:00 p.m.
- **Washington State Chapter Website** alzwa.org **Alzheimer's Association, national** alz.org
- **[Summary of current resources at AlzWA Blog](#):** our blog post summarizes what the Alzheimer's Association is currently doing to support people in Washington state.
 - [6 Ways to Help a Dementia Caregiver](#)
 - [Self-Care Tips for Dementia Caregivers](#)

The Alzheimer's Association [24/7 Helpline](#) is open to all callers anytime, day or night. Call **1 (800) 272-3900**.

UW Memory and Brain Wellness Center

Community Events & Programs

As part of our mission to promote the well-being of persons living with memory loss and their families, the Memory & Brain Wellness Center offers a variety of community events and programs. Note that in-person events are temporarily on hold during the COVID-19 outbreak. We have adapted some of our programs to take place virtually (online, phone or video). We also offer a new menu of virtual support, education and engagement opportunities especially tailored to living well with memory loss/dementia, or caregiving, in the midst of the COVID-19 outbreak. Please see below. For more information, please contact program manager Marigrace Becker at mbecker1@uw.edu or (206) 744-2190.

Virtual Support, Education & Engagement in the time of COVID-19

Virtual Coffee Chat for persons with memory loss/dementia

Make a cup of coffee or tea and come together for an informal social time with others living with memory loss or dementia. Share how you're coping in the midst of COVID-19, and reflect on a different theme each week. Participate online or by phone, with a free application called “Zoom.” Facilitated by program manager Marigrace Becker.

- Every Tuesday, 10 - 11 am - Space is limited; [sign up](#) here by the day before.

Virtual Caregiver Forums

Every Monday, 10 - 11 a.m., come together with other family caregivers to discuss caring for a loved one in this time of COVID-19. Make meaningful connections, offer mutual support, and discover strategies that work for others. Participate online or by phone, with a free application called "Zoom." Facilitated by clinic social worker Karen Clay and program manager Marigrace Becker. Join for just one session, or multiple.

- Every Monday, 10 - 11 a.m. – Space is limited; [sign up](#) by the day before.

Ask About Alzheimer's (Online or Phone)

A new group for students going into grades 6 - 8 who are coping with a loved one with memory loss or dementia. Explore feelings and learn from each other's experience. Group includes a brief overview of dementia and facilitated sharing. Parents or guardians are welcome but not required. Participate online or by phone, with a free application called "Zoom."

- Every other Wednesday, 4 - 4:45 p.m.; May 12 and May 26
- View [flyer](#) or sign up [here](#)

Wellness Wednesdays

We will co-present, with the Alzheimer's Association, this free weekly webinar series, from 1 - 1:45 p.m. on Wednesdays. By working together, we aim to diversify the speakers and topics, and reach more people with valuable information on living well with memory loss or caregiving.

- Please register for each talk you would like to attend.
- Note that your first time registering, you will be prompted to create an account on the Alzheimer's Association website. You can use this account every time after that. After you register, you will promptly receive a confirmation email with Zoom link.

Join online and enjoy dynamic speakers exploring topics and resources to help you thrive on your memory loss journey.....sessions below:

- **Nutrition Tips for Wellness and Healthy Aging** - May 5, 1 – 1:45 pm
Dr. Gary Ferguson
- **Dementia-Friendly Zoom Tips** – May 12, 1 – 1:45 pm
Dr. Erika Campbell
- **Legal and Financial Planning** – Part 1: May 19, 1 – 1:45 pm
Hari Alipuria, Attorney
- **Legal and Financial Planning** – Part 2: May 26, 1 – 1:45 pm
Hari Alipuria, Attorney

The schedule and registration links for Wellness Wednesdays is [available at the WA State Alzheimer's Association](#)

View past Community Wellness Talks on UW YouTube channel, [here](#).

UW Memory & Brain Wellness Center - Community Programs

Memory Loss: A Guide to Next Steps - Offered Virtually (Online or Phone)

Have you recently been diagnosed with mild cognitive impairment or dementia? Join us for this introductory class. Get your questions answered by an expert panel including peer mentors who share strategies for living well with memory loss, and a medical provider from the UW Memory & Brain Wellness Center.

Learn more about the resources in our handbook, Living with Memory Loss, and some helpful websites. You'll leave feeling encouraged and more confident for the road ahead. A free program; offered online or by phone via Zoom. 2 - 3:15 every 2nd Thursday of the month.

- Upcoming Sessions: May 13, June 10. View [flyer](#).
- [Register](#) two days in advance

Caregiver Wellness: Spring Garden Inspirations

Join UW MBWC for free online caregiver wellness activities this Spring, led by horticulture therapist intern Peach Jack! Relax and enjoy working with simple plant materials gathered from your yard or a local park.

- Third Thursdays, 2 – 3:00 pm: May 20, June 17
- Register two days in advance, at www.tinyurl.com/SpringCaregiverWellness

Garden Discovery Walks - Offered Virtually (Video)

- Enjoy virtual walks through Bradner Gardens and Seward Park, followed by guided art crafts. The Virtual Garden Discovery Walks is an online adaptation of an in-person monthly tour of a garden or park, followed by a nature inspired art craft led by Laura Rumpf, HTR, Registered Horticultural Therapist. This program is offered by Seattle Parks and Recreation & UW Memory and Brain Wellness Center, with support from Family Resource Home Care.
 - [View the March 2021 Virtual Garden Discovery Walk \(part 1\): Rainier Beach Urban Farm and Wetlands tour](#)
 - [View the March 2021 Virtual Garden Discovery Walk project \(part 2\): Growing Veggies from Seed](#)
 - [View the April 2021 Garden Discovery Walk \(Part 1\) Volunteer Park Conservatory, Seattle](#)
 - [View the April 2021 Garden Discovery Walk project \(Part 2\) Greenhouse Inspiration and Planting Houseplant Cuttings](#)
 - Explore the spring 2020 monthly garden walks and nature crafts [available to watch at home](#).
- Staying Active & Bringing the Outdoors Inside! Resource List: Virtual Tours, Nature Apps, Home-based Exercise, Live Streams ([PDF](#))
- [The Importance of Nature in Times of Social Distancing](#) by Dr. Carolyn Parsey, PhD, neuropsychologist.

Frye Art Museum – Frye from Home

The Frye is coming into your home with our digital Creative Aging resources. Have you seen these videos?

Caroline Byrd, Education Coordinator, leads **three artwork discussions** that explore the theme of “Community: In This Together” featuring compelling works by [Helmi Juvonen](#), [Jane Wong](#), and [Cauleen Smith](#), each of which was chosen to evoke responses to what community may mean to you. Enjoy a summer walk with a family member or friend to collect flowers, bark, or other organic materials for your [Tracking Down Texture](#) art-making project with teaching artist Janet Fagan.

Then join the deer and the antelope out on the range with musician Carmen Ficarra in a [singalong](#) of **western songs**—certain to be a rousing good time!

While designed for adults living with dementia and their care partners, these short videos can be enjoyed by all ages. Visit the [Frye from Home](#) page to find more ways to engage with the Museum while our doors remain closed, and receive updates about our ongoing plans.

“On Dementia” Book Series - Conversations with Leaders in Elder Care!

The [Frye Art Museum](#) in Seattle, WA, in partnership with [Aging Wisdom](#) and the [University of Washington Memory and Brain Wellness Center](#) presents **On Dementia: Care, Community, and Creativity**, a series of three conversations with leaders in elder care who have published books in 2020 that bring hope, connection, and joy to adults living with dementia, their care partners, families, friends, author, readings from their new book, and questions from the audience. Participants are not required to attend all three conversations in the series. Coming in May >

- **Thursday May 13, 12 – 1 p.m.** | Join [Anne Basting, PhD](#), author of *Creative Care: A Revolutionary Approach to Dementia and Elder Care*, in conversation with Mary Jane Knecht, Manager, Creative Aging Programs, Frye Art Museum.

Learn more and register: https://fryemuseum.org/program/creative_aging_workshops

More Information for Family Caregivers

- University of Pennsylvania Memory Center “[COVID-19 Stay-At-Home Survival Guide](#)” for dementia caregivers includes resources for stress reduction, activities and a sample daily routine.
- National Caregiver Action Network offers a Caregiver Help Desk **855-227-3640** and [COVID-19 and Family Caregiving](#) tips and information.
- Teepa Snow’s Tips for Dementia Caregivers During Covid-19: Roundtables - “Handwashing,” “Surviving Isolation” and “Help! He’s touching every surface” <https://teepasnow.com/>

Resources for staying active, connected and calm while at home

- [Staying Active & Bringing the Outdoors Inside](#) by UW's Dr. Carolyn Parsey offers links to exercise programs, plus livestream from zoo and aquariums, and virtual tours of national parks
- YMCA [Health and Fitness videos](#)
- Online [museum exhibits](#) including MOMA, Musee d'Orsay, Van Gogh and more
- TimeSlips "[Creativity Center](#)" offers at-home arts activities for persons with dementia
- [Alzheimer's Poetry Project](#) offers a poem a day, a piece of art, plus a discussion prompt
- [Relaxation video series](#) from Family Caregiver Alliance

Dementia Support Northwest

- HEAD Talks via Zoom (Health Education About Dementia) – to find out more, <https://dementiasupportnw.org/>
- Virtual support groups for caregivers via Zoom (Thursdays, 1-3 pm) – For information, call **(360) 671-3316** or email: alz@dementiasupportnw.org

Washington's Family Caregiver Support Program

- Do you know about Washington's [Family Caregiver Support Program](#)? Staff at local offices throughout Washington are available to help unpaid caregivers of adults who need care. They can give you practical information and advice and connect you to local resources and services that meet your needs.
- Find your local office at this link: [Community Living Connections/Area Agency on Aging or Home and Community Services Office](#) OR by calling **1-855-567-0252**.

Centers for Disease Control (CDC) – Information on COVID-19 and keeping yourself healthy

- CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Washington State Department of Health (DOH) – Information on 2019 Novel Coronavirus Outbreak (COVID-19)

- DOH Website: <https://www.doh.wa.gov/Emergencies/Coronavirus>

King County Crisis Connections

- Warm line offers peer support for people with emotional and mental health challenges. Call 866-427-4747

Hearing Loss and Covid-19 Resources

- Hearing Loss Association Website: <https://www.hearingloss.org/coronavirus-covid-19-resources/>